

SUPPORTED BY



Foster, Adoptive, Kinship, and Birth Parent Training in 2022-2023



In an exciting venture with the Michigan Department of Health and Human Services, the MSU School of Social Work is pleased to present opportunities for training specific to all caregivers engaged with the Michigan child welfare system.

If you are a foster parent, adoptive parent, kinship/relative parent, or birth parent, these **FREE trainings** are customized to help support your needs in raising the children in your home, understanding some of the unique and sometimes challenging needs that children and their families often face in the child welfare system.

Following licensure, caregivers are required to earn six hours of training annually. These trainings can count toward those hours.

Find all program details on our website: socialwork.msu.edu/ce.

DELIVERED BY

MICHIGAN STATE
UNIVERSITY

School of Social Work



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This training is intended for adults. Some content is not appropriate for children.

The Many Layers of Cross Racial Parenting

Date/time: Wednesday, November 2, 2022

Program 10:00 AM – 12:00 PM (ET)

Location: WEBINAR

Presenter: Stacey Goodson, MA

Foster Parent, Trainer, Consultant



Training objectives: As a result of this training, you will be prepared to:

- Increase their self-awareness of racial sensitivities of their children.
- Define and identify implicit biases.
- Identify and understand the layers that parenting a child of a different race add to the dynamics of cross racial parenting.

Beginner and intermediate skill levels

Target audience:

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

Description: This webinar will present and identify the challenges of parenting children who are a different race and/or culture than the parents. In addition to these challenges, participants will be encouraged to increase their self-awareness and understand implicit biases they may carry. While this webinar may be emotionally challenging for some participants, it will be delivered in a safe environment that allows for growth. This webinar will utilize small and large group discussions and visual displays.

Engaging Friends and Family on Your Foster/Adoption/Kinship Parenting Journey

Date/time: Thursday, November 3, 2022

Program 10:00 AM – 12:00 PM (ET)

Location: WEBINAR

Presenter: Jennifer R. Patrick, MA

Certified Family Life Educator (CFLE)



Training objectives: As a result of this training, you will be prepared to:

- Identify the top three forms of support most meaningful to you.
- Identify your team members.
- Build your schedule, inform your team members and avoid pitfalls common to FAK parent support.

Beginner, intermediate, and advanced skill levels

Target audience:

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

Description: Too often, people get licensed to foster or become adoptive parents before they inform or invite relatives and friends into their journey. Kinship parents have a different set of challenges, and this will also be addressed. What do you need to know about your family and community when fostering or adopting relatives or children in care who are from different races? Is it ok to be “color blind”? Avoid common errors, learn practical ways to engage friends and extended family to become amazing and fulfilled team members on your mission to heal children/youth in care. This webinar will utilize role playing, exercises, small group discussion, and visual displays.

****Attendees are encouraged to bring one potential support team member to this training.****



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Transracial Adoption Dos and Don'ts: A Transracially Adopted Individual's Perspective

Date/time: **Monday, November 14, 2022**

Program 12:00 PM – 1:15 PM (ET)

Location: **WEBINAR**

Presenter: **Karlos Dillard**
Child welfare alumni



Training objectives: As a result of this training, you will be prepared to:

- Identify the micro and macro aggressions that youth living in transracial homes face.
- Gain knowledge on how to ask for help with questions of race.

Beginner skill level

Target audience:

- ✓ **Foster Parents**
- ✓ **Adoptive Parents**
- ✓ **Kinship Parents**

Description: As a transracially adopted individual, I have firsthand experience with racial micro and macro aggressions. I can identify critical red flags that are out there in the communities of people who are transracially adopted. How to spot these aggressions and how to respond to them will be the focus of this webinar. This webinar will utilize large group discussion and visual displays.

Self-compassion for Caregivers

Date/time: **Friday, December 2, 2022**

Program 12:00 PM – 1:15 PM (ET)

Location: **WEBINAR**

Presenter: **Liz Sharda, PhD, LMSW**
Assistant Professor of Social Work, Hope College



Training objectives: As a result of this training, you will be prepared to:

- Identify three elements of mindful self-compassion.
- Identify one way to apply mindful self-compassion to parenting.

Beginner and intermediate skill levels

Target audience:

- ✓ **Foster Parents**
- ✓ **Adoptive Parents**
- ✓ **Kinship Parents**

Description: Being a parent is one of the most challenging roles one can accept. From daily tasks to major milestones, parenting demands our best and can sometimes bring out our worst. In addition to challenges faced by all parents, foster, adoptive, and kinship caregivers take on unique and often extreme challenges that come with caring for children who have experienced trauma. These can leave parents feeling exhausted, isolated, and ineffective. Is the answer to suck it up? To tell ourselves that we signed up for this, so we should do it without complaint? To put on a happy face? In fact, research demonstrates that the opposite is true. It is through caring for ourselves that we are best able to care for others. When we are compassionate toward our shortcomings, our failures, and our imperfections, we actually experience greater well-being and, in turn, more effective parenting. This webinar will focus on parenting with self-compassion. After discussing some common challenges of foster/adoptive/kinship caregiving, we will learn about the mindful self-compassion (MSC) approach—its definition, components, and research evidence. We will also practice several brief MSC activities which focus on bringing kindness and empathy to ourselves as parents. Participants will identify at least one application for MSC to their own parenting that can be implemented immediately. This training will cultivate self-awareness and self-compassion toward oneself as a step towards empathizing effectively with others, including those racialized as “other.” This webinar will utilize exercises, large group discussion, and visual displays.



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We Are Family: Prioritizing Siblings in Care

Date/time: **Wednesday, February 1, 2023**

Program 10:00 AM – 12:00 PM (ET)

Location: **WEBINAR**

Presenter: **Jennifer R. Patrick, MA**

Certified Family Life Educator (CFLE)



Training objectives: As a result of this training, you will be prepared to:

- Learn what research tells us about sibling relationships.
- Understand the history of sibling care in child welfare.
- Understand the complexities involved in placing siblings into foster care.

Description: What does research tell us about sibling relationships? How do our siblings shape our identities? What happens when siblings are separated by trauma? How has the history of child welfare practice impacted children of color? What can transracial foster/adoptive and kinship families do to promote racial identity for siblings they care for that share the same or have different heritage? Discover the impact of sibling relationships and learn about the circumstances that may deem it necessary to separate them for a time if they enter foster care. This webinar will utilize games, small group discussion, and visual displays.

Beginner, intermediate, and advanced skill levels

Target audience:

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

Transracial Parenting: Discussing Race and Racism with Young Children

Date/time: **Wednesday, April 5, 2023**

Program 1:00 PM – 3:00 PM (ET)

Location: **WEBINAR**

Presenter: **Amanda Morgan, LMSW**

Transracial Adoptive Parent



Training objectives: As a result of this training, you will be prepared to:

- Describe the benefits of discussing race with young children.
- Identify at least two strategies for having tough conversations with young children.
- Name a resource to use when discussing race and racism with young children.

Description: An important part of transracial parenting is learning to effectively discuss race with your children. In this webinar, you will learn why it is important to begin discussing race with preschool and elementary-aged children. We will examine age-appropriate strategies for having tough conversations with young children through an anti-racism lens. A variety of resources that can be used to support caregivers will be reviewed. This webinar will utilize exercises, small and large group discussions, and visual displays.

Beginner, intermediate, and advanced skill levels

Target audience:

- ✓ Foster Parents
- ✓ Adoptive Parents
- ✓ Kinship Parents

How to register for trainings

Webinar training: <https://www.eventbrite.com/o/msu-school-of-social-work-44929438833>

If questions, contact: Gina Tremonti Gembel, MSW, at the MSU School of Social Work Continuing Education office
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